

“Airpower, above all, is a psychological weapon.”  
—Liddell Hart

# Stop for new signs

By Airman Timothy J. Stein  
Staff writer

Motorists traveling along Arnold Boulevard may notice a change Saturday when they reach the intersection at Liberty Drive.

Arnold, which was previously a thru-street, will now have stop signs at the intersection, making the intersection a four-way stop.

“In light of recent accidents at that intersection, the wing commander and base leadership have mandated that it become a four-way stop,” said Daniel Gallegos, 47th Civil Engineer Squadron community planner.



One of the concerns in putting in the new stop signs was people wouldn’t know the signs are there, said Gallegos.

To combat this, there will be many indicators and warnings to alert drivers about the signs, said Gallegos.

Measures being taken to alert people to the new signs are:

- Larger “STOP” signs
- A “4-Way” plaque placed below each stop sign.
- Flags placed at each stop sign
- “Stop Ahead” signs located 100 feet from the intersection on all

See ‘Stop,’ page 4



Photo by Airman Timothy J. Stein

## Laughlin visit

Jennie Sandstrom (from left), Maj. Gen. James Sandstrom, 19th Air Force Commander, Elizabeth Rosborg, and Col. Rick Rosborg, 47th Flying Training Wing Commander, pose for a photo in the wing headquarters building Thursday. Gen. Sandstrom recently took command of 19th AF. He was here for an orientation of the wing, one of 11 wings that fall under 19th AF.

# 47th Communications Squadron recognized for efforts

By Master Sgt. Daniel Jimenez  
47th Communications Squadron  
maintenance support NCOIC

The 47th Communications Squadron mission systems flight was awarded the small unit 2001 AETC Maintenance Effectiveness Award Feb. 7.

The communications squadron was selected for the award after demonstrating superior communications/electronics maintenance and continued vital mission support from October 2000 to October 2001.

Under the leadership of Maj. Anthony Zarbano, 47th CS Commander, and Chief Master Sgt. Ray Coffman, 47th CS maintenance chief, the flight overcame numerous challenges and

difficulties in producing unprecedented operational reliability rates with the mission-critical Next Generation Radar (NEXRAD) and Air Traffic Control and Landing systems.

The first of these challenges came in late May when NEXRAD suffered weather damage in excess of \$500,000. Within seven weeks, and after 1,500 man-hours of extensive alignments and system testing, the mission systems flight, with the assistance of the National Weather Service and others, successfully replaced and erected a new 56-foot dome. This brought the NEXRAD to full-operational use 10 days ahead of schedule.

The second challenge occurred in late October when technicians performing normal maintenance

discovered a critical misalignment of magnetic North to the Very High Frequency Omni Range (VOR) system. To properly restore the system, maintenance crews performed 1,300 man-hours of extensive re-alignments, calibrations and flight checks. The maintenance efforts of Laughlin’s meteorological and navigational maintenance crew, and others from the Federal Aviation Administration, Air Force Flight Standardization Agency, Headquarters Air Education and Training Command special maintenance team, and civilian contractors, ensured restoration of Laughlin’s critical VOR with very few sortie losses.

See ‘Comm,’ page 4



## Viewpoints:

The 47th Flying Training Wing chief of safety discusses the importance of train safety.

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## News:

The 47th Medical Group will re-administer Hepatitis A vaccinations following a recall of a vaccine series.

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## Lifestyles:

A member of the 47th Flying Training Wing legal office offers tips to help clean up bad credit.

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## Mission status:

(As of Monday)  
Days ahead (+) or behind (-)  
T-37 -1.1  
T-1 0.0  
T-38 +1.78



# Commanders' Corner

By Lt. Col. Charlie Ross  
47th Flying Training Wing safety chief

## Caution a must at rail crossings

"You bet your life," is a phrase often used in normal conversation, usually not meant to be taken literally. But, motorists who try to beat the train at railroad crossings are literally gambling with their lives.

The last Laughlin Air Force Base incident at the tracks outside of the main gate occurred Sept. 22, 1999, at 9:55 p.m. when a train struck a vehicle driven by a student pilot's wife. She was focusing on tasks inside the vehicle and pulled out onto the railroad tracks in front of an oncoming train, despite seeing the flashing warning lights.

While this is the only incident in more than 25 years, the potential for another mishap exists every single day. Despite warning signs and flashing lights, it is not uncommon for people to run the flashing red lights in hopes of "beating" the train.

The Interstate Commerce Commission identifies the principal causes of railroad crossing accidents as the

failure of a motorist to stop, exercise caution or observe and comply with existing laws and regulations. Furthermore, Texas Motor Vehicle law states, "Whenever any person driving a vehicle approaches a flashing railroad crossing, the driver shall stop within 50 feet, but not less than 15 feet, from the nearest rail and shall not proceed until he can do so safely."

Did you know:

- It usually takes 30 seconds to three minutes for a train to pass through a crossing. Think about it. Gambling on beating the train could save up to 180 seconds or could cost you your life.
- A car traveling 50 mph needs 188 feet to stop, whereas the average freight train going 50 mph requires more than a mile and a half to stop. In other words, by the time the train engineer sees a vehicle, it may be too late to stop.
- The average freight train weighs

approximately 6,000 tons, where as the average passenger car weighs one and a half tons. The bottom line is, when attempting to beat the train, even if it's a tie, the motorist loses.

■ Failure to stop when the red lights are flashing at a railroad crossing results in the same traffic citation as running a stop sign or red light.

Safety tips at railroad crossings include:

- Never race a train to a crossing.
- Anytime can be "train time." Today's rail traffic runs on flexible schedules.
- Don't get "boxed in" at a crossing. A train track can be a death trap if you stop on the tracks with cars wedged in front of and behind you. Ensure there is adequate room to fully clear the tracks before attempting to cross them.
- Always stop for flashing lights and bells. It's the law. If the lights

**See 'Trains,' page 3**

## Top Three Talk

By Master Sgt. Timothy Adkins

47th Mission Support Squadron customer support superintendent



## Air Force career: a good decision

I joined the Air Force as a means to an end. In my eyes, the Air Force was a way to make a paycheck and finish school in the shortest amount of time with the least amount of financial strain. That mindset prevailed throughout my first enlistment.

When it came time to re-enlist, I did only because of an assignment to an Air Force ROTC detachment close to home. There I would be able to finish school and be on my merry way. Two years later I did finish school. With my goal com-

pleted, I began to assess who I was and where I was going.

What I found was that over the previous six years my values and outlook had changed. My exposure to professional military education and some fantastic supervisors had combined to instill in me a sense of pride and achievement.

I also took a hard look at what my friends were doing. Some had done well for themselves, pursuing careers, buying first homes and starting families. Some had bounced from job to job. When I heard what

they had to pay for medical coverage, their retirement plans (if any), as well as taxes, a mortgage or rent, it dawned on me that I had a great deal.

In 1991, the Air Force offered my peers and me incentives to separate. We were offered a lump sum of money or money over a series of years with limited continued benefits. The target groups were mostly support Air Force Speciality Codes in the grades of staff and technical ser-

**See 'Career,' page 3**



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#### Deadlines, Advertising

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Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to:  
[bradley.pettit@laughlin.af.mil](mailto:bradley.pettit@laughlin.af.mil)  
[timothy.stein@laughlin.af.mil](mailto:timothy.stein@laughlin.af.mil)

**"Excellence – not our goal, but our standard."**

– 47th FTW motto

### Correction

The photo on page four of the March 1 Border Eagle was taken by Dave Niebergall, not Senior Airman Brad Pettit.

## Time to watch out for 'our own'

**By Brig. Gen. Duane Deal**  
*Air Force Recruiting Service  
Commander*

RANDOLPH AIR FORCE BASE – A master sergeant's spouse was cured of her breast cancer, but in the process, \$100,000 of medical bills piled up – with the government covering only \$80,000 at the time.

Making a gut-wrenching decision, he declared bankruptcy. The Air Force Assistance Fund came to his aid to get him and his family back on their feet.

A staff sergeant's abusive husband deserted her and her sick daughter, and in the process he ran up hundreds of dollars in credit card debt. To help her recover and pay her daughter's medical bills, the Air Force Aid Society gave her a grant.

A young senior airman's father unexpectedly passed away, but her account was nearly empty from her recent PCS to the base. Air Force Aid stepped in and not only paid for her trip, but also helped her attack her debts.

A technical sergeant's widow was down on her luck, believing she had nowhere to turn. She was welcomed with open arms to live in the Air

Force Enlisted Men's Widows and Dependents Home, now known as the Air Force Enlisted Foundation, near Eglin Air Force Base, Fla. In the process, the General and Mrs. Curtis E. LeMay Foundation provided financial assistance to get her back on her feet.

There are many more examples, to include a master sergeant's recent widow who had her bills paid for one month until her husband's death benefits kicked in, an airman who had his electricity, phone and rent paid for one month during a money crunch, and an airman first class who received \$100 after his wallet had been stolen to tide him over until he could get things straight.

You may know some of these people, pass them in the commissary or work closely with them and not even be aware of the challenges they've faced. But they each have something in common: Through your generous donations to the Air Force Assistance Fund, they were able to put dark chapters in their lives behind them and press onward.

Year in and year out, emergency assistance, education

grants, volunteer childcare and other assistance programs are dedicated to Air Force people via the AFAF.

To ensure we can continue to help our own, the Air Force Assistance Fund runs one campaign a year to benefit its charitable organizations. Unlike most other campaigns, 100 percent of the proceeds are distributed directly back to Air Force active-duty and retired people and their families. While your donations are tax deductible, seeing the impact of those donations makes the tax aspect pale in comparison to the effect they have on our Air Force team members' lives. In fighter pilot parlance, that's called "takin' care of your wingmen."

From now through the end of March, we have a chance to contribute to "our own" and ensure such stories can be written in the future – perhaps about your acquaintances, perhaps about someone you pass in the commissary, perhaps about someone you work with – perhaps even about you.

Let's support the organization that supports us. Please be generous. It's all about takin' care of your wingmen.

## Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.



*Rick Rosborg*  
**Col. Rick Rosborg**  
47th FTW Commander

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Equal Employment Opportunity	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

### 'Trains,' from page 2

are flashing and there is no train in sight, one may proceed only after coming to a complete stop and looking both ways to ensure the route is clear. Clear does not mean "I think I can make it!" "Clear" means there is absolutely no sign of a train in either direction, and the distance down the track is sufficient to guarantee a safe crossing.

■ Keep alcohol, distractions and fatigue out of your car. They are factors in a large percentage of crossing accidents each year.

The wing is attempting to get crossing arms added to the railroad crossing outside the Laughlin main gate, but this will take some time and will require everyone to continue to exercise extreme caution each and every time you approach this or any railroad crossing. In short, when approaching a crossing, obey the traffic laws and exercise good judgment. Look, listen and live. The life you save could be your own.

### 'Career,' from page 2

geant. Some of my friends took this out and lived to regret it. Not only had they lost 10 or more years of work toward retirement, but they found the big paychecks waiting in the civilian sector were either not there or not enough to cover all the benefits they had lost.

If there is one thought I would like to leave with our younger troops making that career decision, it is to weigh all your options before deciding and think about the intangibles. First, the service you provide to our country. Second, you belong to a corps, a fraternity that truly cares about one another. The opportunities in corporate America are there to be sure. But you only have to look at today's headlines to see where some corporate loyalties lie – certainly not always with their employees.

A career decision may not be for everyone, but it certainly is a good one.

## Airmanship

*Intended to help all airmen articulate  
the Air Force's vision of aerospace power*

### What is combatant command?

Combatant command is the legal, "can't give it away" authority and responsibility the unified commanders in chief exercise. It is the highest level of command assigned to the military leadership in the operational chain of command.





Photo by Airman Timothy J. Stein

## Stayin' in

Col. George Doran, 47th Flying Training Wing Vice Commander, gives the oath of enlistment to Master Sgt. William Fenimore, 47th Operations Support Squadron airfield management quality assurance evaluator, in the vice commander's office Monday. The re-enlistment was Fenimore's fourth.

### 'Comm,' from page 1

"The mission systems flight instilled an enthusiastic team concept and worked side by side with many other organizations to keep our flying operations going," said Zarbano. "Their efforts resulted in improved system operational rates, decreased maintenance field response time, decreased follow-on maintenance costs, and improved communications systems."

The 47th CS/MEA will go on to compete against all other commands for the 2001 Air Force Maintenance Effectiveness Award.

### 'Stop,' from page 1

street approaches

■ Flashing light located at each "Stop Ahead" sign

■ Rumble strips located at each "Stop Ahead" sign

■ Signs below the "Stop Ahead" sign to indicate this is a "new stop" situation.

"It seems like overkill," said Gallegos. "[But] in the long run, people will benefit from it."

The intersection will join the intersection at Second Street and Freedom Way as the only four-way stops on base.

**Recycle this newspaper.**

## GI Bill payment due

For those who converted from the Veterans Educational Assistance Program to Montgomery GI Bill in 2001, a payment of \$2,700 must be made within 18 months of the election date. If you are paying by payroll deduction, be sure the last payment will be made prior to the 18-month deadline.

For more information, call the education office at 298-5545.

## Women's health fair set

A women's health and wellness fair is being sponsored by the health and wellness center, Fiesta Community Center and 47th Medical Group from 11 a.m. to 3 p.m. March 21 at the Fiesta Community Center. There will be several educational centers on a variety of topics, demonstrations and light snacks on hand.

For more information, call Maj. Nina Watson at 298-6464.

## Bootstrap policy changes

The Air Force Bootstrap Program is now replaced by the Air Force Educational Leave of Absence policy. Students currently attending classes under Bootstrap, and those who have been approved (letters signed by their unit commanders) for an upcoming Bootstrap program, will be grandfathered in under the old policy.

The change means that AFELA participants will have two additional months of obligated service for each month of the leave of absence. Also under the AFELA, the new commitment is in addition to any other period of obligated service or active-duty commitment to which the member is already committed. A member in AFELA is in educational leave status, which has its own specific code, and is entitled to basic pay only.

# Newsline

For more information on these changes, call the education office at 298-5545.

## Firing range hours change

The 47th Security Forces Squadron is opening up the base firing range for recreational firing for off-duty military and civilians from 11 a.m. to 2 p.m. on the first Saturday of each month and from 4 to 7 p.m. on the third Wednesday of each month.

Reservations must be made a week in advance by calling 298-5151.

Shooters and spectators must provide their own weapons, ammunition, targets, method to attach targets to cardboard (staple gun, tape, etc.) and safety equipment (eye and ear protection). An adult must accompany anyone under age 18.

For more information, call Tech. Sgt. Keith Hellwig at 298-5151.

## White House needs airmen

The White House Communications Agency Nomination Team will hold a meeting at 9 a.m. Monday at Anderson Hall. The WHCA team will

identify, interview, nominate and select qualified airmen possessing specialties used in the presidential support agency. Any interested people in the grades of E-4 with less than 8 years in service, E-5 with less than 10 years of service, and E-6 with less than 15 years of service may attend.

The WHCA provides the opportunity to directly support the president, vice president, first lady and senior White House staff.

You must also be able to get and keep a top secret security clearance, have no history of derogatory information and be able to serve in a four-year presidential support duty billet.

## Volunteers needed

Volunteers are needed to help with the 31st Annual Commander's Golf Tournament April 19-21. This three-day event boasts 36 holes of golf and includes past wing commanders, squadron commanders and many from the local business community. A banquet will be held the evening of April 20. Various positions are available.

For more information, call Capt. Sean McGlynn at 298-4370.

## Couples class to meet

A couples communication class is being held Fridays from 3 to 4:30 p.m. in the 47th Medical Group's Military Equal Opportunity office. Four sessions will be held.

The class is designed to increase one's understanding of partner communication. The next class begins in April.

For more information, call the life skills clinic at 298-6422.

Friday, the Border Eagle. Wednesday, this newspaper:  
<http://www.af.mil/newspaper>

# Vaccine recalled

By Dr. (Capt.) Mark Vanderwel  
*47th Medical Group pediatrician*

In December, the Merck Pharmaceutical Company announced a recall of several lot numbers of its Vaqta Hepatitis A vaccine. Vaccines from these lots were recalled after studies showed people who received them may be insufficiently immunized against Hepatitis A.

Nothing dangerous or potentially harmful was contained in these recalled lots, though they have been given at Laughlin since the summer of 1999. Forty-two doses of the vaccine were given to adults, and 810 doses were given to children.

The Vaqta Hepatitis A vaccine is a two-shot series given six months apart. If you or your child received only the first shot, and it was from the series of recalled vaccine, the series of shots will need to be started over. If you or your child received two shots, and at least one of the shots was from a recalled lot, you have a choice about what to do next.

First, blood can be drawn to check for antibodies. If the antibody test is positive, the immunization series is complete. If the antibody test is negative, both of the shots will need to be given again.

Your second choice is to forego a blood draw by getting re-immunized. Those individuals affected by this recall will be notified by mail.

In order to be re-immunized, you can come to the immunizations clinic from 7:30 a.m. to noon and from 1 to 5 p.m. Monday through Friday. Please bring your immunization records with you.

For more information, call Staff Sgt. Derek Smith or Staff Sgt. Elizabeth Smith at 298-6469.

**Recycle this newspaper.**

**Thinking about getting out? Think again!**

Call Master Sgt. Jimmie Davis, 47th Flying Training Wing career assistance adviser, at 298-5456 for guidance.



Photo by Airman Timothy J. Stein

**Air power ace**

Retired Col. Charles DeBellevue, the last American Ace on active duty, speaks at Laughlin's air power call Friday. DeBellevue spoke on his air combat experience in Vietnam.



**Laughlin Salutes**

**Promotions**

*To senior airman:*

- ♦ Robert Perez, 47th Security Forces Squadron
- ♦ Stacey Kelley, 47th SFS

**Awards**

*Outstanding New Writer*

- ♦ Airman Timothy J. Stein, 47th Flying Training Wing Public Affairs

**Fraud, waste and abuse** is everyone's problem. If you know of or suspect FWA, call the FWA hotline at 298-4170.

## Telecommunications monitoring, assessment are necessary

**By Senior Airman**

**Mike Copeland**

*47th Communications Squadron  
information assurance technician  
and*

**Frederick Ervin**

*47th Communications Squadron  
telecommunication monitoring  
assessment program manager*

As some of you may have observed, we are in the final phase of our biennial Telecommunications Monitoring and Assessment Program certification process. You may have had your unit Information Assurance Awareness Program monitor ask you to power down your computer and verify a warning banner displayed when powered back up. You have probably seen your IAAP monitor verify that your telephone has a legible Department of Defense Form 2056.

What's the reason for all of this work? To ensure users of government-owned, unsecured telecommunications devices are fully aware their communications are subject to monitoring.

Some people erroneously believe

TMAP is an inspection. It is not. It is an unending program informing individuals of the possibility of monitoring. The purpose of monitoring is to determine if unsecured communication systems are used to transmit sensitive or classified information, which is often done accidentally or via careless work habits. TMAP is the all-encompassing result of this program. Elements of the Air Intelligence Agency, the only Air Force organization authorized to conduct TMAP activity, collect this data. The AIA is tasked to verify collected data is for legitimate Air Force Operations Security needs, while at the same time ensuring it protects the privacy, legal rights and civil liberties of persons whose communications are monitored.

The collected data can be used in two ways. The first as a near real-time protection tool. Secondly, it can be collected, analyzed and stored in a database to determine long-term security liabilities. Considered primarily as a wartime tool, commanders have found it valuable in determining their unit's security vulnerabilities.

The events of Sept. 11, 2001, have brought even more focus to the significance of this program. The biennial certification is the legal verification ensuring any individual using an unsecured government-owned telecommunications device has been adequately informed of possible monitoring.

Each unit IAAP monitor performs a physical verification that his unit is in compliance with the program. This verification, combined with other Information Assurance Office warning notification documentation, is then forwarded via the legal chain of command up to the Department of the Air Force. Legal experts will examine all supporting documentation from each base and make a determination whether that installation meets the necessary criteria.

Failure for any base to become certified could have grave consequences. The range of damage for failure to certify could vary: from the denial of TMAP services, to the possible loss of Internet privileges.

What are some things all people of the Laughlin military and civilian

community can do to make this program a success? Start looking around at government-owned telephones in your work area. Do they have the red DD Form 2056 visible and legible? This does not include telephones in base housing or coin-operated telephones. Those devices are privately owned and not legally subject to monitoring. Check other government-owned, unsecured communication equipment used to accomplish your mission. This includes computers, hand-held radios, cellular telephones, facsimile machines, portable electronic devices and palm computers. Is there a warning device present? This warning device may vary from a label, computer warning banner, a cover sheet for facsimiles, to a signed document acknowledging the TMAP program.

Should you find discrepancies notify your IAAP monitor, or call Frederick Ervin at 298-4271. To learn more about this program and its regulations, please consult AFI 33-219, Telecommunications Monitoring and Assessment Program.



(Courtesy photo)

### Celebrating marriage

Lt. Col. Bill Hogan, 84th Flying Training Squadron Commander, and his wife, Rona, enjoy the Wedding Celebration Dinner at Club XL Saturday. Approximately 179 people attended the chapel-sponsored event designed to celebrate and honor marriage.

**Interested in the Air Force?** Call Del Rio's Air Force recruiter at 774-0911.





## March is Women's History Month. Who was the most influential woman in history?



**Airman  
1st Class  
Jennyfer Cruz**  
47th Mission  
Support Squad-  
ron awards and  
decorations

"Rosa Parks  
because she  
helped desegre-  
gate the transpor-  
tation system."



**Alma Garcia**  
47th Mission  
Support Squad-  
ron customer  
service  
technician

"Amelia Earhart  
because she was  
the first woman  
to fly solo across  
the Atlantic."



**Airman  
1st Class  
Timothy  
Collier**  
47th Communi-  
cations Squad-  
ron radar  
maintenance

"Queen Isabella  
because she  
helped discover  
the new world."

## Credit cleanup is possible

**By 2nd Lt. Cherie Griffin**  
47th Flying Training Wing legal office

The first piece of advice on cleaning up bad credit is to beware of credit-repair scams.

No one can erase bad credit for you, but you can request a re-investigation if there is a dispute of credit information in your file.

Derogatory information can remain on your credit bureau file for seven years. Remember, if something sounds illegal, it probably is. Many credit scams involve applying for an employer identification number. This illegal practice involves giving your EIN in place of your social security number to create a clean credit report.

The next step is self-help. First, create a budget of your income and expenses. Separate your fixed expenses (rent, mortgage, car payments, and insurance premiums) from your variable expenses (entertainment, recreation, and clothing). The local library should carry books on money management if you need advice on budgeting. If these resources do not inform you completely, the finance office on base could counsel you on budgeting as well. If your debt can't be reduced by simple budget realignment, the next step is to contact your creditors. Explain to them why you are having

trouble paying and try to work out a way to modify your payment plan. Once creditors have turned you over to a debt collector, they have given up on you – so swallow your pride and call before it is too late.

Debt consolidation is an option for some people in debt. Debt consolidation can lower your cost of credit by combining your debt either through a second mortgage or a home equity line of credit. Thoroughly think through this option since failure to pay, or even make a late payment, could cause you to lose your house.

If your debt is completely out of control, filing bankruptcy may get rid of unsecured debts, or stop foreclosures, repossessions, garnishments, or utility shut offs. There are two types of bankruptcy. Chapter 13 allows persons with steady income to keep property (a mortgaged house or a car) with a repayment plan that allows you to use future income to pay off a default during a three- to five-year period. Chapter 7 includes a liquidation of all assets that are not exempt. Exempt items can include vehicles, work-related tools or basic household furnishings. A bankruptcy stays on your credit report for 10 years.

For more information on cleaning up bad credit, call 298-5635.



Photo by Helene Hamel

### A 'Whopper' of a time

Members of the Laughlin Burger King and Col. George Doran, 47th Flying Training Wing Vice Commander, celebrate the 45th anniversary of the Whopper at the BX Monday. Burger King hours are from 7:30 a.m. to 8 p.m. Monday through Friday and from 11 a.m. to 5:30 p.m. Saturday.

Poor health, lost income,  
jail, discharge...Ecstasy?  
Maybe they should  
change the name.



## Chapel Schedule



### Catholic

*Saturday* 5 p.m., Mass  
*Sunday* ● 9:30 a.m., Mass  
 ● 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall  
*Thursday* 6 p.m., Choir  
*Tuesday-Friday* ● 12:05 p.m., Mass  
 ● 12:05 p.m. and 7 p.m., Holy Days of Obligation  
*Reconciliation* Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment  
*Religious Education/Bible Study* 11 a.m. and noon Sunday

**Jewish** Call Max Stool at 775-4519

**Muslim** Call Dr. Mostafa Salama at 768-9200

### **Nondenominational**

*Friday* 7 p.m., Unity in Community Services

### **Protestant**

*Sunday* 11 a.m., General worship  
*Wednesday* ● 12:30-2:15 p.m., Women's Bible study at chapel  
 ● 7 p.m., Choir at chapel

**For more information on chapel events and services, call 298-5111.**

## The *XL*er

**Hometown:** El Paso  
**Family:** Mother, Elizabeth; sister, Lisa  
**Time at Laughlin:** 3 years, 2 months, 5 days  
**Time in service:** 3 years, 6 months  
**Name one way to improve life at Laughlin:** Down day every other Friday  
**Greatest accomplishment:** Earning my Community College of the Air Force degree  
**Hobbies:** Dancing, shopping and reading  
**Bad habit:** Not returning phone calls  
**Favorite film:** The Shawshank Redemption  
**Favorite musician:** Jewel  
**If you could spend one hour with any person, who would it be and why?**  
 I would like to shake the hands of those heroes who put their life on the line in the attempt to rescue the victims involved in the Sept. 11 tragedy.



Photo by Airman Timothy J. Stein

**Senior Airman Celia Herrera**  
 85th Flying Training Squadron  
 information management journeyman



**The Air Force rewards good ideas with money. Check out the IDEA Program data system at <https://ideas.satx.disa.mil>, or call 298-5236.**

# Sportslines

## Volleyball season to begin

Intramural volleyball season begins at Laughlin in April. Letters of intent can be picked up at the XL Fitness Center and are due March 25.

A coaches meeting will be at 2 p.m. March 28.

For more information, call the XL Fitness Center at 298-5326 or 5251.

## Three-point shoot-out set

The XL Fitness Center will host the annual March Madness three-point shoot-out at 3 p.m. March 16. Prizes will be awarded for first and second places in the men's and women's categories.

For more information, call the XL Fitness Center at 298-5326 or 5251.

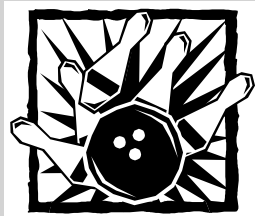
## Home run derby scheduled

A softball home run derby is scheduled for 3 p.m. April 19 at Liberty Field.

For more information, call Senior Airman Roger Macias at 298-5251.

## Bowling standings

<u>Team</u>	<u>Points</u>	<u>Team</u>	<u>Points</u>
Boeing	100-68	DeCA	86-82
OSS	97-71	CE	80-88
FTW	96-72	Commtracting	60-108
Services	94-74	SFS	59-109



## Basketball standings

<u>Eastern Conference</u>		<u>Western Conference</u>	
<u>Team</u>	<u>Record</u>	<u>Team</u>	<u>Record</u>
84/85th Tweets	8-0	CES	7-1
87th Talons	6-2	LCSAM	5-3
47th SFS	6-2	Med Group	4-4
47th OSS(1)	3-5	86th Rios Lobos	4-4
LSI	2-6	Support Group	2-6
Comptroller	0-8	47th OSS(2)	1-7

## Musclemania results

### Women's Division:

#### **117-132 pounds**

*1st place –*

Kat Barrett

*2nd place –*

Theresa Wheeler

### Men's Divisions:

#### **150 pounds and under**

*1st place –*

Abel Mendez

*2nd place –*

James Zimmer

#### **151-171 pounds**

*1st place –*

Aaron Wildman

*2nd place –*

Scott McBride

#### **193 pounds**

#### **and above**

*1st place –*

Gregory Gipson

*2nd place –*

Chance Roden

## Caution issued to dietary supplement consumers

**By Capt. Jolene Norris**

*47th Medical Support Squadron pharmacy services chief*

The Food and Drug Administration issued a warning to consumers of two dietary supplements after laboratory analysis of these products showed the presence of prescription products.

Analysis of PC SPES showed presence of warfarin, a prescription blood thinner marketed for prostate health. An analysis of SPES showed the presence of alprazolam, a prescription product used to treat anxiety and marketed for strengthening the immune system.

Both products are manufactured by BotanicLab. The manufacturer voluntarily recalled PC SPES and SPES nationwide. Consumers should discontinue using these products.

The 47th Medical Group staff also advises patients to inform providers/pharmacy staff of any dietary supplements or herbal products consumed. Remember, ingredients in some herbal products or diet supplements may adversely interact with prescription medications or may cause adverse health effects to patients.

A recent health warning from Canada warned consumers against using Hua Fo tablets, an unapproved herbal product that claims to enhance sexual function. Health Canada performed an analysis of these tablets and found it contained the prescription drug sildenafil. Sildenafil is a prescription drug approved for treatment of male erectile dysfunction and is sold under the brand name Viagra. Patients taking nitrate medications should not use Sildenafil. Nitrate medication is commonly used for angina. Use of sildenafil and nitrate medication could result in life-threatening low blood pressure. Hua Fo is manufactured in China by Guizhou Ribulo Medical Industry, Inc., and sold in Canada by Shenlong Company.

## XL Fitness Center hours

**Monday –**

**Thursday:**

5 a.m. to

midnight

**Friday:**

5 a.m. to 8 p.m.

**Saturday,**

**Sunday,**

**Holidays:**

9 a.m. to 8 p.m.